

The Fertilty Handbook: Everything You Need To Know To Maximise Your Chance Of Pregnancy

Give yourself the best-possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion as your guide! In the only general guide to infertility written by a medical doctor who specializes in the subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has gained from working in infertility medicine for years, with many hundreds of patients, alongwith the warmth and wisdom he has acquired from getting to know prospective parents from all kind of backgrounds. The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book, written in clear and understandable language for the layperson, is essential. This is that book. The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and ones who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in both the prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, and other possible causes. Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and various surgical procedures are covered in detail. Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments, whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism and hope, empowering you as you take this journey. The Fertilty Experts' Guide to Egg Freezing is your go-to resource for learning about the process of egg freezing from start to finish. It's a quick field guide to everything you need to know about the process, boiled down by an expert doctor and nurse team. Together, the duo lay out-step-by-step-exactly how egg freezing works, what to plan for and expect from the fertility treatments, and invaluable tips and tricks for anyone going through an egg freezing cycle-or even just considering if egg freezing is the right step to take for their family-building goals. At a critical time when women are taking more control over their careers and their futures, this book empowers women to learn about their fertility and all the options they have available to them. You already plan for your financial future-now it's time to plan for your future fertility and the family you'd like to have. This book is a must-have resource that will help you decide if egg freezing is right for you.

A collection of short true-life stories about the emotional realities of IVF (in vitro fertilisation) and other fertility treatments. Includes several cartoons and illustrations. A practical and evidence-backed approach for improving egg quality and fertility—fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, It Starts with the Egg provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges— including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

How to Get Pregnant Fast

Get Through Fertility Treatment and Get Pregnant without Losing Your Mind

Handbook of Fertility

A Journey to Health and Healing

Discovering Your Reproductive Potential and Maximizing Your Odds of Having a Baby

The Fertilty Guide

A Deeper Shade of Blue

When you've tried everything to get pregnant—from eating the right foods to spending thousands on medical treatments—and nothing's worked, it's hard to stay positive. But this book holds the key to success. The mind-body connection, a vastly under-acknowledged and under-studied area in fertility, has helped many women become pregnant. It can help you, too. Holistic fertility coach A'ndrea Reiter teaches you about the four areas that may be blocking your ability to conceive and offers concrete ways to navigate them. Her mind-body approach focuses on natural methods instead of invasive and expensive fertility procedures. A'ndrea also provides practical exercises, in-depth case studies, eye-opening information, and expert guidance on understanding the nuances of energy and mindset. Whether you have PCOS, endometriosis, male factor infertility, unexplained infertility, thyroid issues, or are over forty, A'ndrea can show you how to move through it and achieve your dream of motherhood.

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses ' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School ' s top voices in nutrition

"This book is an absolute game-changer" - Dr Xand Van Tulcken "Everyone concerned about their fertility should read this book" - Dr Raj Mathur, Chair of the British Fertility Society The book you can trust to help you achieve a healthy pregnancy. Whether you are trying for a baby now or preparing for a family in future, The Fertilty Book is the no-nonsense guide you need to help you to optimize your chances of a healthy pregnancy. World-renowned fertility consultant Adam Balen and reproductive biologist Grace Dugdale dispel the myths in this comprehensive guide to reproductive health, explaining in easy-to-understand terms the genetic and hormonal factors at play. They take an honest look at the evidence for both conventional and alternative approaches, equipping you with powerful tools to improve your chances of a natural conception and an understanding of how to create the best environment for a healthy pregnancy. If you do decide to seek help through assisted conception, this book will be with you every step of the way, explaining what treatments are available and how to approach them, so that you can come to an informed decision about what is right for you. Professor Adam Balen and Grace Dugdale have decades of experience helping couples on their journey to conception and beyond. Now in this, their first book for a general readership, they explain everything you need to know to understand your own fertility.

Fertility is one of the major health and wellbeing issues for modern women, and Emma Cannon's Total Fertility offers clear, warm and supportive advice to help you on your own unique fertility journey. This book will help you get pregnant now, whether you are going for natural or assisted conception, and also focus on fertility preservation to help you stay fertile longer so you can get pregnant in the future. Emma Cannon answers the many nagging questions women have about fertility and conception; questions such as: How can I get a sense of my fertility? Can I preserve my fertility? When exactly should we be having sex? Does my diet really matter? Does stress lower my chances of conceiving? What exercise should I be doing? Reducing stress and approaching fertility with a calm and positive attitude is central to her approach to getting pregnant, so Emma also helps you develop a 'fertile mindset with a toolbox of simple suggestions to cultivate emotional wellness for your particular fertility 'type'. Written in Emma's trademark optimistic, warm and non-judgmental tone, Total Fertility is a book for anyone who is thinking - or has ever thought of - getting pregnant.

Fertilty Handbook: A Guide To Getting Pregnant

The Whole Life Fertility Plan

The IVF Diet

Freezing Fertility

The Complete Guide To Female Fertility

A Mind-Body Guide to Fertility

His & Hers Survival Guide to IVF

If You're Having Trouble Conceiving... ..you are not alone. One out of ten American couples experiences problems with infertility. If you're among this group, you've already felt the deep disappointment and emotional distress that accompany the diagnosis of infertility. But, indeed there is hope, especially in light of advances in assisted reproductive technologies. Authors C. Maud Doherty, M.D., and Melanie Morrissey Clark understand what you're going through and the kinds of pressing questions you have about fertility treatment. Dr. Doherty is a reproductive endocrinologist who has treated thousands of couples. Melanie Morrissey Clark is a former patient—now the mother of triplets. The Fertilty Handbook will help you navigate this confusing time and consider which treatment options are bests for you. Among the topics covered: • Understanding the causes of female and male infertility • Getting a diagnosis • Coping emotionally • Choosing a fertility specialist • Exploring standard treatment options • Utilizing the new assisted reproductive technologies (ART) • Taking advantage of advances in treating male factor infertility • Determining how long to continue treatment An Excellent Primer on Overcoming Infertility! Provides a concise, sensible, appropriately scientific, yet easily understood approach to modern fertility diagnosis and treatment...translates the high tech into common sense.

The Fertilty Handbook: A Guide to Getting Pregnant. Whether you're just starting to think about growing your family or have been trying for weeks, months or even years, this book will give you a helping hand on your path to parenthood. Conception is easy only when conditions are perfect. Our bodies are complex systems and creating perfect conditions sometimes requires a little extra knowledge. In these pages, you'll find all you need to know to get pregnant in the shortest time possible including in depth information on: *Preconception Care *Dietary Supplements for Optimal Reproductive Health *How the Body Works and Reproductive Processes *What Signs to Look For to Improve Your Chances *Fertility Testing and Treatment *What May be Keeping You From Getting Pregnant. The Fertilty Handbook: A Guide to Getting Pregnant can improve your chances starting today

Richard and Rosie started trying to conceive after five years of being together but, two and a half years and countless prenatal vitamins and ovulation kits later, there hadn't been even a phantom pregnancy. So began their adventure into IVF, via blood tests, sperm tests, injections and probes, becoming involuntary experts on embryology through failure, despair, persistence and success. After 4 years, 3 different clinics, 2 positive pregnancy tests and 1 miscarriage, they finally had a successful pregnancy. GET A LIFE is the perfect down-to-earth guide for anyone thinking of embarking on fertility treatment. It's two books in one, a book of advice for women and a survival guide for men, each chapter mirrored but with very different experience and advice. IVF is terrifying, awful and extraordinary in equal measures for both partners. GET A LIFE shares Richard and Rosie's ride on the fertility roller coaster, bringing you the funny, emotional and physical sides of IVF. It is an invaluable guide from both perspectives on how to get through the process in one piece.

This is IVF and Other Fertility Treatments: Real-life Experiences of Going Through Fertility Treatments

The Perfect Guide to Ivf

How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race

The Fertilty Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant

A Guide to Getting Pregnant

In Vitro Fertilization; Everything You Need to Know to Maximize Your Chances of Success Including What Your Doctor Won't Tell You About Ivf

Dr. Richard Marrs' Fertilty Book

A pioneer in the field of assisted reproduction, Dr. Richard Marrs has spent his life counseling couples who struggle with the pain of infertility, developing new treatments, and helping thousands to experience the wonder of birth. Now Dr. Marrs shares his knowledge and expertise in a groundbreaking book that answers all your questions, understands your concerns, and covers every aspect of fertility problems, including infertility's emotional price as well as its financial one. Based on the latest research and technologies—and the real-life experiences of thousands of couples—Dr. Marrs tells you everything you need to know about getting pregnant, including: Which cutting-edge advances in reproductive technology—including in vitro, gift, zift, sperm manipulation, and immunological therapy—are right for you Is it your nerves? How emotions can delay or stop ovulation The biggest mistake doctors make when a man's sperm count is borderline or subnormal Which fertility drugs work best...and the side effects you should expect Your chances of multiple births...twins, triplets, or more When to change doctors or see a specialist The good news about using a partner's sperm and not a donor's...even if your partner's count is very low Your insurance coverage—what you can and cannot do And much more

Written by world-leading fertility experts and edited by mums who have undertaken multiple cycles of IVF and know what it takes to succeed, this guide advises you on the entire IVF process and how to maximise your chances of success. All IVF topics are covered, from how to choose your fertility clinic, to understanding the stages of an IVF cycle, to how to prepare yourself physically and emotionally for the treatment. · Looks at how to optimise your nutrition and how to improve egg and sperm quality · Examines the growing trends of egg freezing and donor-assisted IVF · Shares real-life stories of a variety of IVF journeys and their inspiring outcomes · Includes key contributions from the Human Fertilisation and Embryology Authority (HFEA), the UK's independent regulator for fertility treatment and research IVF: All You Need to Know is an essential handbook for couples and individuals who are considering IVF, who want to find out what's involved, and who want to be as well prepared as they can be. It is also for those who have already tried IVF, have experienced failed cycles and want to boost their chances of success next time around.

More and more couples are turning to IVF each year to help them conceive, and yet there are still many questions to be answered. "What makes IVF succesful?" and "what else can we do to support our treatment?" are two of the most important queries couples can have, and here, Zita West offers solutions. Nutrition and lifestyle advice, psychological and emotional support and a positive mindset all play an important part in helping couples conceive, and can even make the difference between a successful and unsuccessful outcome. This book not only advises how to prepare for IVF, but why it's so important, and the step-by-step diet and lifestyle plan is a clear way to support your treatment.

Maximise your chance of getting pregnant with this up-to-date and authoritative book that provides a clear and holistic approach to fertility. Areas including: Understanding your body and maximising your chances of conceiving naturally as well as through complex treatments such as IVF, IUI and egg freezing A pre-conception plan with sections on lifestyle, nutrition and the role of stress The common (and uncommon) causes of fertility problems in both men and women Options for single people and same-sex couples Up-to-date information on ethics, funding and the law both nationally and internationally Insightful testimonials from patients dealing with fertility problems and the emotional impact of treatment. Written by Professor Mary Wingfield, one of Ireland's foremost fertility experts who has helped hundreds of people to conceive over the last thirty years. All royalties from the sale of this book will be donated to the Merrion Fertility Foundation, which funds fertility treatment.

Yoga for Fertilty Handbook

Everything You Need to Know About Putting Your Fertilty on Ice

The Fertilty Experts' Guide to Egg Freezing

A proven three-month programme to help you conceive naturally

The Fertilty Doctor's Guide to Overcoming Infertility

Oocyte Cryopreservation and the Gender Politics of Aging

Your definitive guide to achieving a healthy pregnancy

The complete guide to all the options for couples facing fertility issues, now revised and updated Newsweek praised What to Do When You Can't Get Pregnant for guiding readers through "the medical maze" of infertility treatments. In this completely revised and updated edition, world renowned fertility expert Dr. Daniel A. Potter and journalist Jennifer Hanin have revised their step-by-step guide to walk readers through their best options for conception and birth. Updates include: Advances in natural products for women New supplements, medications, and treatment protocols Advice from leading experts on all areas of infertility treatment The latest in egg freezing, vitrification, gender selection, and genetic testing The future of IVF and reproductive medicine Drawing on the latest science, Potter and Hanin offer sound advice for choosing the right doctor, asking the right questions, and living a healthy, fertile lifestyle. Complete with advice on how to handle the frustrations of not being able to conceive, What to Do When You Can't Get Pregnant remains a couple's best guide to making informed decisions about fertility issues.

Alisa Vittri found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, "Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?" With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vittri says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful forward.

Explains the fertility cycle and the symptoms of fertility, and explains how to use this technique in conjunction with other methods of contraception.

An accessible guide to the causes and treatments of postpartum depression, written specifically for pregnant women or women thinking of becoming pregnant, addresses such topics as hormonally driven mood changes during pregnancy, infertility-related depression, and pregnancy loss. 40,000 first printing.

America's Leading Infertility Expert Tells You Everything You Need to Know About Getting Pregnant

All the Fertility and Infertility Explanations You Will Ever Need, from A to Z

On Fertility, Medicine, and Motherhood

My Fertility Book

Big Fat Negative

Conception 101

Individualized In-Vitro Fertilization

"When it comes to the subject of fertility and infertility, and the weight that this delicate, complex, and sensitive journey bears, it's most important to have the right information quickly."--Synopsis.

'This book is totally brilliant - informative, sensitive, funny and wise. Reading it is like talking to a fairy godmother who also happens to be a gynaecologist and expert on all things fertility! Sophia Money-Coutts Big Fat Negative (BFN) - a term commonly used on internet forums to refer to a negative pregnancy test. Infertility can be a lonely journey. One in every six couples will struggle to conceive but, despite this, many don't feel comfortable talking openly about their experiences and sharing what they are going through. As a result, they feel isolated and alone. It doesn't have to be this way. By talking, laughing and shouting about our experiences we can start to lift the cloak of shame that so often engulfs those going through it. Big Fat Negative does just that. This no-nonsense, honest guide to infertility from the hosts of the Big Fat Negative podcast smashes the taboo around this isolating and heartbreaking illness, offering first-hand experience, an understanding voice when friends don't get it, expert advice, reassurance for when you feel alone and - most importantly - humour when it you need it the most. Using first-hand accounts of the various hurdles of infertility, from work to diagnoses and IVF, coupled with advice from leading experts, Big Fat Negative will hold your hand on the not-so simple journey to motherhood - helping you to face and defeat the trials of trying for a baby.

This beautiful handbook teaches you specific yoga poses and meditation to enhance your fertility. It is filled with inspiring messages, colorful photographs and simple instructions to help guide you.

Analyses how the possibility of egg freezing changes what it means to be fertile and to age in the 21st century Welcomed as liberation and dismissed as exploitation, egg freezing (oocyte cryopreservation) has rapidly become one of the most widely-discussed and influential new reproductive technologies of this century. In Freezing Fertility, Lucy van de Wiel takes us inside the world of fertility preservation—with its egg freezing parties, contested age limits, proactive anticipations and equity investments—and shows how the popularization of egg freezing has profound consequences for the way in which female fertility and reproductive age are understood, commercialized and politicized. Beyond an individual reproductive choice for people who may want to have children later in life, Freezing Fertility explores how the rise of egg freezing also reveals broader cultural, political and economic negotiations about reproductive politics, gender inequities, age normativities and the financialization of healthcare. Van de Wiel investigates these issues by analyzing a wide range of sources—varying from sparkly online platforms to heart-breaking court cases and intimate autobiographical accounts—that are emblematic of each stage of the egg freezing procedure. By following the egg's journey, Freezing Fertility examines how contemporary egg freezing practices both reflect broader social, regulatory and economic power asymmetries and repoliticize fertility and aging in ways that affect the public at large. In doing so, the book explores how the possibility of egg freezing shifts our relation to the beginning and end of life.

The Trying Game

It Starts with the Egg

The Art of Waiting

Yoga and Fertility

Understanding What Affects Your Fertility to Help You Get Pregnant When You Want to

The Essential Guide to Infertility, IVF and the Trials of Trying for a Baby

The Fertilty Book

Read this classic exploration of political violence, traditional samurai values and right wing nihilism. Isao is a young, engaging patriot, and a fanatical believer in the ancient samurai ethos. He turns terrorist, organising a violent plot against the new industrialists, who he believes are threatening the integrity of Japan and usurping the Emperor's rightful power. As the conspiracy unfolds and unravels, Mishima brilliantly chronicles the conflicts of a decade that saw the fabric of Japanese life torn apart.

Infertility medicine today is all about aggressive surgical, chemical and technological intervention. But making babies originally was - and is still best as - a natural process. In the UK it is estimated that approximately 1 in every 7 couples have difficulty conceiving and 1 in 80 babies is born as a result of IVF treatment. While 75% of people seeking help with their fertility try alternative treatment, few doctors are aware of how the disciplines of Western and Eastern fertility treatment can be used together to achieve the best results. This is a unique collaboration that combines the best of Dr David's and Jill Blakeway's expertise. In THE FERTILITY PLAN they show that half of women who use IVF could have got pregnant without it if the right knowledge and advice were available to them, and they share their proven 3-month plan that increases women's chances of conceiving naturally.

The Perfect Guide to In Vitro Fertilization) Everything You Need To Know To Maximize Your Chances Of Success Including What Your Doctor Won't Tell You About IVF Discover what IVF pregnancy is. Find quick result from powerful and easy to use formula by an expert. Know how IVF works and the treatment options, Facts, success rates and what to expect. In this book, you will be exposed to everything you need to know about IVF, the age which will be too old to have IVF, your fertility chances and when to get a low cost IVF. Also included in this book are the analysis of the side effects and risks of IVF. Get the success factors and the answers to some important questions you need to know before going for IVF What are the chances of getting pregnant with IVF? What is the success rate in vitro fertilization? How successful is IVF with donor eggs? What are the symptoms of pregnancy after IVF? How long does it take to get pregnant after IVF transfer? How long after embryo transfer can you take pregnancy test? What are the symptoms of implantation after embryo transfer? What happens after embryo implantation? How long after IVF do pregnancy signs appear? Order this book now by scrolling up and clicking Buy Now to get this book now

This book provides updates on the most recent developments in individualized infertility treatment resulting in improved outcomes.

The Fertilty Handbook

The plan to support IVF treatment and help couples conceive

Conceivability

Runaway Horses

What to Do When You Can't Get Pregnant

How to Get Pregnant, Even When You've Tried Everything

A Couples Handbook for When You Want to Have a Baby (More Than Anything Else)

The Fertilty HandbookEverything you need to know to maximise your chance of pregnancygill & Macmillan Ltd

Easy to read and informative, this book will guide you through the physical and emotional roller coaster of getting pregnant. Based on her professional and personal experience of infertility Dr Emma Gray, a mother of 4 conceived naturally over the age of 35, despite being told she was 'infertile', shares scientifically proven strategies to prepare your mind and body to conceive naturally and quickly. Including comprehensive information on diet, supplements, optimising ovulation and conception, lifestyle, complementary approaches, psychological techniques and dealing with miscarriage, you will be able to get pregnant without needing to read anything else. Dr Emma Gray is a Clinical Psychologist and awarding winning author with 16 years of experience helping people overcome infertility. Her book is written so you can quickly and easily understand what you need to do to get pregnant and feel confident that whatever has happened before, this is possible for you.

*With warnings about rising infertility rates and the dangers of leaving motherhood too late, many women are concerned about when or whether they will manage to have a baby. Written by an international expert on fertility, THE COMPLETE GUIDE TO FEMALE FERTILITY deals with the medical facts, the emotional and social aspects of female fertility, and includes the real-life experiences and insights of dozens of women. It Includes Information on: * How your reproductive system works * How you are at your most fertile * How you age affects your chances of conceiving * How you can boost your fertility naturally * What may stop you getting pregnant * What reproductive technology can do to help.*

The authors—including the director of the WVI Fertility Center—answer all of the pressing questions about fertility health—looking at such factors as stress, age, diet, chemicals, holistic medicine and more—in a book that is helpful whether one is planning to wait to have kids or are starting the process now.

All you need to know about fertility, conception, and a healthy pregnancy

The Complete Guide to All the Options for Couples Facing Fertility Issues

Delivering Precision Fertility Treatment

A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years

What I Learned Exploring the Frontiers of Fertility

Get A Life

In the tradition of Silent Spring and The Sixth Extinction, an urgent, meticulously researched, and groundbreaking book about the ways in which chemicals in the modern environment are changing—and endangering—human sexuality and fertility on the grandest scale, from renowned epidemiologist Shanna Swan. In 2017, author Shanna Swan and her team of researchers completed a major study. They

found that over the past four decades, sperm levels among men in Western countries have dropped by more than 50 percent. They came to this conclusion after examining 185 studies involving close to 45,000 healthy men. The result sent shockwaves around the globe—but the story didn't end there. It turns out our sexual development is changing in broader ways, for both men and women and even other species, and that the modern world is on pace to become an infertile one. How and why could this happen? What is hijacking our fertility and our health? Count Down unpacks these questions, revealing what Swan and other researchers have learned about how both lifestyle and chemical exposures are affecting our fertility, sexual development—potentially including the increase in gender fluidity—and general health as a species. Engagingly explaining the science and repercussions of these worldwide threats and providing simple and practical guidelines for effectively avoiding chemical goods (from water bottles to shaving cream) both as individuals and societies, Count Down is at once an urgent wake-up call, an illuminating read, and a vital tool for the protection of our future.

From the author of “Fertility Diary” for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. “A compassionate, often funny, well-researched, and ultimately empowering guide.”—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just . Not . Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her “Fertility Diary” column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: • whether to freeze your eggs • finding (and affording) a clinic • what to expect during your first IVF cycle • baby envy—aka it's okay to skip your friend's shower • whether the alternative route—acupuncture, herbs, supplements—is for you • helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.

Handbook of Fertility: Nutrition, Diet, Lifestyle and Reproductive Health focuses on the ways in which food, dietary supplements, and toxic agents, including alcohol and nicotine affect the reproductive health of both women and men. Researchers in nutrition, diet, epidemiology, and endocrinology will find this comprehensive resource invaluable in their long-term goal of understanding and improving reproductive health. This book brings together a broad range of experts researching the different aspects of foods and dietary supplements that promote or detract from reproductive health. Section One contains several overview chapters on fertility, how it is assessed, and how it can be affected by different metabolic states, nutritional habits, dietary supplements, the action of antioxidants, and lifestyle choices. Sections Two and Three consider how male and female fertility are affected by obesity, metabolic syndrome, hormonal imbalance, and even bariatric surgery. Section Four explores the ways diet, nutrition, and lifestyle support or retard the success of in vitro fertilization, while Section Five explores how alcohol and other drugs of abuse lower fertility in both women and men. Explores how alcohol, nicotine, and other drugs of abuse disrupt and impair reproductive health Reviews studies of common conditions such as obesity and metabolic syndrome and their effect on fertility and reproductive health Investigates the components of foods and dietary supplements, in particular oxidative stress and antioxidants Presents the nutritional effects of foods and dietary supplements and their benefits and risks relating to reproductive health

For many people conceiving a baby is easy. For others, the difficulty or inability to conceive can cause anguish and heartache due to possible fertility issues. When people learn that their fertility is challenged they have a vast array of questions. There is a lot of important information but men and women don't always know where to turn. Written by one of the founding fathers of IVF and experts in fertility Professor Robert Winston, this book offers the most up-to-date, well researched, scientifically proven and reassuring advice and guidance at this time. Divided into a number of subjects such as understanding your fertility, diet, fertility treatments and support, each chapter is structured around the most common questions asked by men and women. Amongst many others, the areas covered include how men and women's fertility can be challenged; what can be done to increase your chances of getting pregnant naturally; when you might want to consider fertility treatment; what treatments are available and how they vary; the kinds of questions you should be asking your treatment clinic; if there are risks of fertility treatment; the difficulties people go through during fertility treatment and what support is given. *The Essential Fertility Guide is the first in the series of reference books published in association with The Essential Parent Company. With tips, lists of do's and don'ts and case studies, this book arms you with everything you need to know and understand about fertility and how to boost your chances of having a baby.*

The Natural Guide to Avoiding Or Achieving Pregnancy

The Fertility Plan

Nutrition, Diet, Lifestyle and Reproductive Health

IVF: All You Need To Know

The Essential Fertility Guide

The Fertility Awareness Handbook

Count Down

The “ Jason Bourne of fertility ” (The New York Times Book Review) presents a personal and deeply informative account of one woman ’ s journey through the global fertility industry. On paper, conception may seem like a simple biological process, yet this is often hardly the case. While many would like to have children, the road toward conceiving and maintaining a pregnancy can be unexpectedly rocky and winding. Lawyer Elizabeth Katkin never imagined her quest for children would ultimately involve seven miscarriages, eight fresh IVF cycles, two frozen IVF attempts, five natural pregnancies, four IVF pregnancies, ten doctors, six countries, two potential surrogates, nine years, and roughly \$200,000. Despite her three Ivy League degrees and wealth of resources, Katkin found she was woefully undereducated when it came to understanding and confronting her own difficulties having children. After being told by four doctors she should give up, but without an explanation as to what exactly was going wrong with her body, Katkin decided to look for answers herself. The global investigation that followed revealed that approaches to the fertility process taken in many foreign countries are vastly different than those in the US and UK. In *Conceivability*, Elizabeth Katkin, now a mother of two, exposes eye-opening information about the medical, financial, legal, scientific, emotional, and ethical issues at stake. “ A well-researched, informative, and positive account of a very long journey to motherhood ” (Kirkus Reviews), *Conceivability* sheds light on the often murky and baffling world of conception science. Her book is an invaluable and inspiring text that will be a boon to others navigating the deep and “ choppy waters ” of fertility treatment (Publishers Weekly), and her chronicle of one of the most difficult, painful, rewarding, and loving journeys a woman can take is as informative as it is poignant.

Women battling infertility is a familiar though still harrowing story these days. Women using yoga to reduce stress and become more aware of its body and its rhythms is another. So it comes as no surprise that yoga is helping women to cope with the physical and emotional stress of infertility and its treatments.

A brilliant exploration of the natural, medical, psychological, and political facets of fertility When Belle Boggs's "The Art of Waiting" was published in Orion in 2012, it went viral, leading to republication in Harper's Magazine, an interview on NPR's The Diane Rehm Show, and a spot at the intersection of "highbrow" and "brilliant" in New York magazine's "Approval Matrix." In that heartbreaking essay, Boggs eloquently recounts her realization that she might never be able to conceive. She searches the apparently fertile world around her--the emergence of thirteen-year cicadas, the birth of eagles near her rural home, and an unusual gorilla pregnancy at a local zoo--for signs that she is not alone. Boggs also explores other aspects of fertility and infertility: the way longing for a child plays out in the classic Coen brothers film *Raising Arizona*; the depiction of childlessness in literature, from *Macbeth* to *Who's Afraid of Virginia Woolf?*; the financial and legal complications that accompany alternative means of family making; the private and public expressions of iconic writers grappling with motherhood and fertility. She reports, with great empathy, complex stories of couples who adopted domestically and from overseas, LGBT couples considering assisted reproduction and surrogacy, and women and men reflecting on childless or child-free lives. In *The Art of Waiting*, Boggs deftly distills her time of waiting into an expansive contemplation of fertility, choice, and the many possible roads to making a life and making a family.

Infertility can be a frustrating and heartbreaking disorder compounded by complicated treatments and so-called miracle cures on the market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you'll find the medical and holistic information you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs Yoga poses that aid fertility What to expect when seeing a fertility expert Birth rates associated with various treatments Coping methods for dealing with loss With this authoritative and friendly guide, getting pregnant doesn't have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start you family, today.

Womancode

How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF (Second Edition)

Emma Cannon's Total Fertility

The Everything Fertility Book

Everything you need to know to maximise your chance of pregnancy

How to understand, optimize and preserve your fertility

Everything You Need to Know from Concept to Conception: Conception 101